

# Emotional Freedom Technique Explained

## It All Begins With Stress...

- in the face of adversity, whether it be caused by something we're afraid of or something we're merely concerned over-- all of these things cause anxiety. It emanates from the amygdala- the part of the brain responsible for emotions, automatic survival instincts, and memory. It tells the body to either fight, fly, or freeze, even when what is causing the anxiety might not be physically in front of us or even make logical sense. It can come as a memory, a reminder, a flashback, or even from those around us.

Having an occasional bout with stress or anxiety is part of life. Everyone goes through it. Scientifically speaking, anxiety is the result of your body's default response to what your mind deems threatening. Entering into your body's protective mind frame, you feel your pulse accelerate and your breathing quickens because your body is preparing to face the threat. There are two different categories of stimuli that cause this fight or flight response: the first is caused by your body responding to something that is right in front of it (i.e. a disagreement with a superior). We call this stress. The second is caused by the thoughts in your head, a.k.a. anxiety.

**You're Constantly Thinking Stressful Thoughts** - A bit of anxiety and stress here and there is normal; however, when stress and anxiety becomes an everyday thing (which is a reality for millions of Americans) suddenly your body is at risk for a host of health problems both mental and physical. If you are stressed or deal with anxiety, it is vital that you recognize it, relinquish it, and learn strategies to reverse it before it is too late.

This is where Emotional Freedom Technique (EFT) comes in. EFT is a neuroscience-based technique where you gently tap with your own fingertips on meridian points across your face and upper body helping you to calm down, stop the reaction, and ultimately stop the stressor from ever having an effect on you again.

**Stress Has A Chemical Reaction** - We know now that anxiety and stress cause the amygdala to send a signal to the brain, telling it to "fight, flight, or freeze." Two of the main hormones released when this happens are adrenaline and cortisol.

## The Knee-Jerk Reaction

Whenever you feel stress, fear, or anxiety, your amygdala is involved. It is also the control room for your emotions. When using EFT, a person is triggered and uses EFT to calm the amygdala. This technique is especially helpful with people who suffer from anxiety disorders and PTSD.

As the trigger happens, the amygdala reacts automatically and unconsciously-- most often without a serious threat. The mind still sees the trigger as a threat, but when you tap on these EFT- designated meridian points electromagnetic signals release, sending messages through your body's connective tissue, telling the brain "The show's over! No fire here!"

Suddenly there are two messages transmitted in the brain - "The show's over! No fire here!" and no need to "Fight, flight or freeze!" The more you tap, the first message overrules the second, calming the response from the amygdala. Once the amygdala is calm and the trigger is no longer a trigger, you can function without the stressor affecting you - just like it never happened.

Whatever the initial trigger, once the reaction from the amygdala is silenced, you still have your memories - EFT is not a magic eraser - but what you don't have is the stress and anxiety hormones swirling around in your head. Tapping removes the amygdala's response from the equation, leaving you with only the memories.

### **Tapping: You Can Interrupt and Re-Wire**

While we don't have definite answers as to why and how tapping works, we do know some concrete facts about how the brain functions.

When you engage in tapping, electromagnetic signals are sent from the specific acupuncture points which are more sensitive to signals than other points in the body. There have been numerous studies looking at acupuncture points with the most extensive research coming out of Harvard Medical School. These studies concluded that there are specific points on the body - the meridian points used in acupuncture - that decrease the stress signals sent from the amygdala.

### **Undeniably Science**

Emotional Freedom Technique embodies conventional science (electromagnetic signals), ancient science and cognitive therapy processes. It can be safely and easily taught in various settings such as in one-on-one, in group settings, or online. Once learned, individuals can practice EFT on their own, virtually anywhere at any time. Emotional Freedom Technique opens doors for people to understand where their stress is coming from, and to reprogram their brain to stop being triggered in the first place for higher productivity and resiliency.



### **About Tijana Coso BA, MA**

Tijana is an EFT-certified stress relief expert. She offers experiential professional development programs by harnessing our greatest asset as humans- the power of the subconscious mind, using techniques borrowed from neuroscience and ancient science.

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